

Snacks

How Much Do Children Need?

Ages 6-12

Snacks or Supplements: Plan foods from at least two (2) different groups	USDA/CACFP	State of Washington Minimum Licensing Requirements
		Adapted from WA State DOH
Vegetables or Fruit or Juice	$\frac{3}{4}$ cup or 6 ounces 100% juice = full strength	$\frac{3}{4}$ cup or 6 ounces
Bread or Bread Alternate Crackers, Soda/Saltine Graham Crackers Bread Sticks (dry) Cold Cereal Cooked Grains (rice, oat, cereal)	1 slice 7/8 squares 4 squares 4 $\frac{3}{4}$ cup or 1 ounce $\frac{1}{2}$ cup	1 slice 7/8 squares 4 squares 4 $\frac{3}{4}$ cup or 1 ounce $\frac{1}{2}$ cup
Meat (Beef, Lamb, Poultry, Fish) Peanut Butter Beans, dry cooked Nuts, Seeds Tofu Cheese Egg Yogurt	1 oz. 2 Tbs. $\frac{1}{4}$ cup $\frac{1}{2}$ oz. Not creditable 1 oz. 1 $\frac{1}{2}$ cup	1 oz. 2 Tbs. $\frac{1}{4}$ cup $\frac{1}{2}$ oz. 4 oz. 1 oz. 1 see dairy
Milk or other Dairy Products	1 cup or 8 ounces (liquid milk only)	$\frac{3}{4}$ cup or 6 ounces

The amounts listed above are the minimum amounts to be served. You may find that you will want, or need to serve more to meet the needs of the children in your care.